



LIVE WELL
SAN DIEGO

Advisory Council for Aging & Independence Services

NUTRITION SUBCOMMITTEE

April 5, 2023 | 11:30 AM

National City Nutrition Center
1415 D Avenue
National City, CA 91950

Virtual Participation

Call in: (669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

[Click to join meeting](#)

AGENDA

*Attachment

1. **Call to Order:** Susan Mallett, Chair
 - a. Welcome & Guest/Member Introductions
 - b. Confirmation of quorum (quorum = 4)
2. **Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member, if applicable.**
(Possible Action)
3. **Standard Business:**
 - a. Public Comment/Announcements: Members or non-members
 - b. Approval of March 8, 2023 Meeting Minutes (Action)*
4. **Senior Nutrition Program Visit**
5. **General Discussion:** Nutrition Program Site Visits
6. **Next Meeting:** May 3, 2023
7. **Adjournment**

*This meeting is public, and the location is ADA accessible.
If you are planning to attend and need special accommodations,
please call (858) 495-5885 at least three days in advance of the meeting.*

Supporting documentation and attachments for items listed on this agenda may be viewed at Aging & Independence Services, 5560 Overland Avenue, Suite 310, San Diego, CA 92123, or received by calling (858) 495-5885.

Advisory Council for Aging & Independence Services

Nutrition Subcommittee

March 8, 2023 | 11:15 AM

Park Avenue Community Center

210 Park Avenue

Escondido, CA 92025

Virtual Participation

Call in: (669) 900-9128

Meeting ID: 931 0213 2512

Passcode: 383698

MINUTES

| Members | | Absent Members | Guests |
|---|---|-----------------------------------|--------|
| Attendance: | Susan Mallett, Chair Shirley King, Recording Secretary Bradlyn Mulvey Kristine Stensberg | Ethel Larkins Jacqueline Simon | |
| Staff | | | |
| Charli Brand, AIS Public Health Nutrition Manager | | | |
| Item | Outcome | | |
| 1. Call to Order | Susan Mallett, Chair, (12:22 PM) a. Welcome & Guest/Member Introductions b. Confirmation of quorum (four): (four present) | | |
| 2. Statement (just cause) and/or Consideration of a Request to Participate Remotely (emergency circumstances) by a Council Member | N/A – No action taken. | | |
| 3. Standard Business | a. Public Comments/Announcements: Members or non-members: None b. Approval of February 7, 2023 Meeting Minutes (Action) [M/S- Mulvey/Mallett: Unanimous vote | | |
| 4. Senior Nutrition Program Visit | Charli Brand and Susan Mallett made the arrangements for the committee members to participate with a lunch service at the Park Avenue Senior Center in Escondido. The members sat together at a reserved table and were served a lunch of breaded white fish, creamy lentils, steamed carrots and cauliflower with a slice of bread, a carton of milk and a whole orange. The servers were City administrators who were filling in for volunteers. The head of the luncheon program and a long-time volunteer answered questions. On average about 100 meals are served five days a week. The meals are prepared by Redwood Terrace, a senior living facility in Escondido. The attendance was strong, and the attending seniors sat at regular tables with friends. The center has a wide breadth of social activities. A new outdoor awning spans the quad area, which will become a luncheon space during the milder weather. Committee members expressed great satisfaction with the meal and the bright, lively setting. Charli reported that lunch guests are now permitted to take home their leftovers in their own containers. The food contractors draft and post their own guidelines about the food safety measures with carry away food. Nutrition education is offered four times a year during the lunch time. | | |

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|-----------------------|---|
| 5. General Discussion | <p>Charli recommended the next site visit be to the National City Senior program on Wednesday, April 5, 2023 from 11 AM to 12:30 PM. Susan recommended our next guest speaker be Dr. Catherine Ayers, Professor of Clinical Psychiatry, Department of Veteran Affairs and Chair of the San Diego County Older Adult Council. The committee will be able to discuss with Dr. Ayers it's questions about the behaviors of isolated seniors and and their risk for poor nutrition and any associated factors of cognitive impairment. Dr. Ayers has written about isolated seniors who continue to have feelings of aloneness even with some level of social participation.</p> <p>Charlie Brand reported that there has not been an announcement of the Senior Farmers' Markets Nutrition program vouchers. She will keep the committee posted.</p> |
| 6. Next Meeting | Wednesday, April 5, 2023 Kimball Senior Center/Nutrition Center, 1415 D Avenue, National City |
| 7. Adjournment | 12:50 PM |

Respectfully submitted by Shirley King